BENGALURU, WEDNESDAY, MAY 28, 2025 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 26 | Min 21 | Humidity 84% Light rain Sensex 81,551 | Nifty 24,826 | Gold 95,228 | Silver 97,190 | Dollar 85.37 | Euro 97.04 | GBP 115.68

PICKING UP PIECES

Costly repairs, broken appliances, water shortages and health risks — path to recovery in Sai Layout proving long, expensive, and emotionally

PAGE 5

CON CONUNDRUM

Yet another senior citizen loses eye-watering sum to digital arrest con, pointing to lacunae in reach of awareness initiatives, despite govt and pvt sector efforts

PAGE 7

Police note uptick in cases of valuables being stolen from parked vehicles — areas where people park briefly and leave in a rush are targets

EYE ON BOOTY FROM THE BOOT SPACE

Modus operandi: Scan for unattended vehicles, break in using tools, grab stuff, scoot

| Sanjana CS
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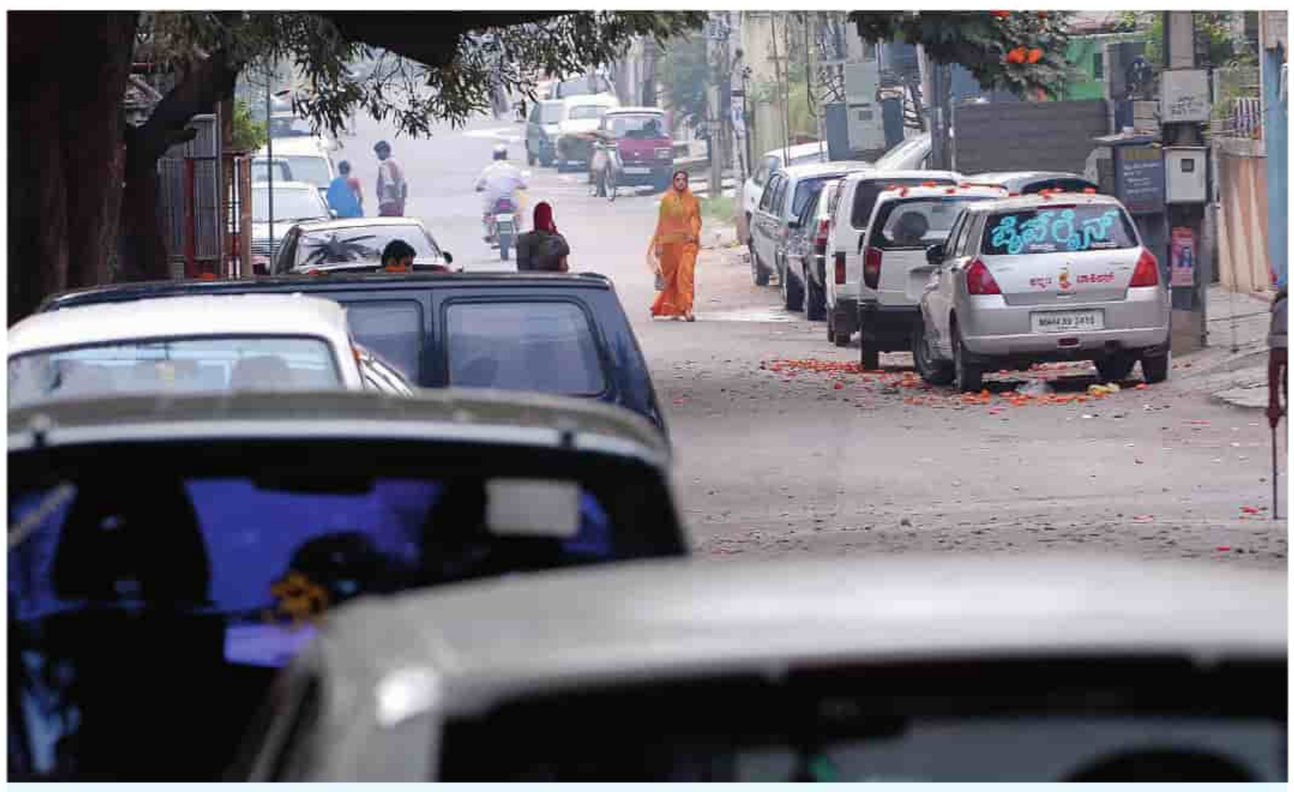
TWEETS @BangaloreMIRROR



“Always take your belongings with you, even if you are stepping away for just five minutes. Park in well-lit areas or secure parking lots with CCTV coverage

—Police officer

While car thefts continue to trouble vehicle owners in the city, thieves seem to be showing an equal amount of interest in the valuables left inside the cars. Laptops, mobile phones, handbags, wallets, and other expensive belongings left behind, even for a short duration, have become prime targets for thieves who operate swiftly and often escape unnoticed.

According to the police official, this form of theft is becoming more common, particularly in commercial and residential areas. Many of these thefts are reported near tech parks, shopping malls, and even outside hospitals, where people often park briefly and leave items in the car either out of habit or in a rush.

A senior police officer told BM, “These are crimes of opportunity. Thieves scan for unattended vehicles, especially those with visible items inside. They break in using simple tools, grab what they can, and leave within minutes.”

In a recent case, police arrested cab driver Mohammed Mastan, 46, for stealing valuables worth 9 lakh including a Rolex watch, Bottega wallet, diamond rings, and AirPods, from a dancer’s car parked on Queens Road. She had left the items in the boot while walking in Cubbon Park on May 11. CCTV footage helped track the accused, who was seen stealing the items between 9.15 and 9.45 am. The AirPods’ location briefly showed up on St. Mark’s Road.

Several cases have been reported where car windows

CONTINUED ON PAGE 6 »

Surprise attack of the traffic cop

Calls to put an end to unscientific police checks grow louder

| Sridhar.Vivan
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Despite prior directives, unscientific police checking methods persist across the State including Bengaluru, frequently endangering lives and drawing public ire. The death of a child in Mandya on Monday has reignited concerns over such practices.

Sudden roadblocks, unannounced barricades, and abrupt stops—often carried out without proper signage or preparation—are being blamed for increasing accidents involving motorists, especially during nighttime.

PAGE 3 DECISION TAKEN

Dangerous interception

Common practices include sudden halting of vehicles in the middle of highways, hidden ‘ambush’-style checkpoints where police leap out from behind trees, and pursuit of riders who attempt to turn back upon noticing checks. In some cases, lathis are jammed into wheels to force vehicles to stop, or pillion riders are pulled off two-wheelers—leading to injuries or fatalities, not just among civilians but police officers too.

Underutilised technology

Sources said that although the state has access to modern surveillance technology, its usage remains suboptimal. High-resolution cameras capable of capturing

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Soulful escape

'Whispers of Sufi — A Soulful Escape', is presenting a journey inward, guided by the timeless beauty of Sufi music, with the evocative voice of Bikash Sunarr setting the tone for an evening of reflection, romance, and rhythm.
Where: 2Moons, 1 MG Mall; When: May 30, 8 pm

02 Street food love

The Ritz-Carlton is organising 'The Chaat Festival', a celebration of India's beloved street delicacies, elevated through the artistry of their chefs. **Where: The Market, The Ritz-Carlton; When: May 10 to June 10**

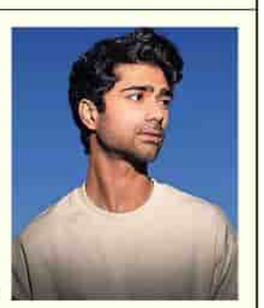
03 Creative canvas

Art Bengaluru Collective (ABC) is presenting its seventh multi-art exhibition, ABC 7.0, marking the convergence of 25 artists and 250 plus artworks cutting across genres.
Where: Bangalore International Centre, Domlur; When: May 31 and June 1, 11 am to 8 pm

04 Crafty affair

Bangalore Dastkar Bazaar 2025 is bringing a celebration of culture, rich cuisines, mind-blowing performances, crafts and workshops, delicious food - all under one sky.
Where: Freedom Park, Gandhi Nagar; When: May 28 to June 3, 11 am to 8 pm

05 Groove on



Taaruk Raina will be performing in his debut tour 'Lost and Found', taking the audience on a captivating journey through his music.
Where: Phoenix Marketcity, Whitefield; When: June 14, 6 pm

K'taka Police Bandmaster's journey of persistence

From football fields to state parades, Anthony Sober shares his insight on decades of service with Karnataka Police leading up to triumphant honour

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In the uniformed world of the Karnataka State Police, where duty often overshadows individual stories, the life of Anthony Sober A is one such story that stands out, a journey not just of discipline and service, but of passion, transformation, and rhythm.

Born on June 1, 1967, Anthony Sober joined the City Armed Reserve Police Headquarters in Bengaluru on September 6, 1991, through the sports quota. A talented footballer, he quickly became a star player for the Karnataka State Police Football Team, representing the force from 1992 to 1995 in South Zone and All India tournaments. His performances brought home trophies, certificates, and pride for the department. But it was in 1998 that his journey took a turn, one that would shape the rest of his life.

Finding his musical calling

With a deep curiosity for music, Sober joined the Karnataka Police Brass Band as a bugler. What began as a side interest soon became a calling. In just a short span, he mastered the bugle and then moved on to the trumpet, becoming known for his sharp technique and heartfelt performances. "Music gave me a different kind of discipline," he said.

From Republic Day and Independence Day parades to the grand celebrations of Mysuru Dasara, Sober's trumpet has echoed across ceremonial grounds, touching hearts with soulful renditions like 'Abide With Me'. His dedication to detail made him the preferred choice for high-profile events, including those at the Raj Bhavan, where he performed for top dignitaries, including former Governor Hansraj Bhardwaj, who personally appreciated his performances.

Karnataka State Police Bandmaster Anthony Sober who has been awarded with the Chief Minister's Medal for his exceptional contribution to the force

In addition to his musical duties, Sober served in critical assignments, from VIP escorts to prisoner and cash duties, often during high-alert deployments. His sincerity, sharp turnout, and composed presence made him a dependable face in every setting.

Now at 59, Anthony Sober serves as the Bandmaster of the Karnataka State Police Band, a role that reflects his years of quiet commitment and musical mastery. Still playing the bugle and trumpet with the same passion that began over two decades ago, he also mentors young band members, keeping tradition alive.

> **"This medal is not just for me, it's for every early morning rehearsal, every late-night duty, every note played in the name of service**
> – Anthony Sober, Bandmaster of the Karnataka State Police Band

On April 2, 2025, his extraordinary journey was formally recognised with the Chief Minister's Medal, awarded for his exceptional contribution to the force. "This medal is not just for me, it's for every early morning rehearsal, every late-night duty, every note played in the name of service," he said.

His life today is a harmony of sportsmanship, discipline, and soulful music, a reminder that behind every shining medal lies a rhythm of struggle, growth, and heart.

Masks not mandatory for all

Minister for Medical Education Dr Sharan Prakash Patil has clarified that despite rising cases, masks are not mandatory for everyone. "Only those with fever, cold or cough need to wear them. We are monitoring the situation closely. This time, heavy rains and changing weather are also causing seasonal illness," said Dr Patil.

Bengaluru is currently reporting the highest number of new COVID-19 cases in Karnataka. However, the spread is not rapid, and the situation remains under control. Dr Patil said that there is no need to panic as most people are already vaccinated and government guidelines are in place. He stressed the importance of keeping testing facilities ready and directed health workers to wear masks as a precaution. Authorities have been instructed to ensure the availability of medicines, oxygen beds, and ventilators, and to submit regular reports.

With schools reopening after summer break, it was emphasised that students with symptoms must stay home. It was also instructed that if symptoms develop during school hours, the child must be sent home immediately.

"With a possible spike in COVID-19 cases expected in Bengaluru and across Karnataka, the elderly citizens and pregnant women should use masks in crowded places," added Dr Patil. **— BMB**

Confused about college admissions after CET? Find all the answers at the VK Education Fair!

The wait is over — the results of the Common Entrance Test (CET) for professional courses have been declared. Now comes the most crucial step: choosing the right course and college. For students and parents alike, this phase often brings confusion, questions, and concerns.

But worry not! To help students make informed choices, Vijaya Karnataka is organising the VK Education Fair 2025, a two-day mega expo on May 31 and June 1 at the Jnana Jyothi Auditorium, Bangalore University, Central College Campus, Palace Road.

What to expect?

The VK Education Fair, organised by Vijaya Karnataka, brings together an unmatched educational experience under one roof, offering students and parents all the tools needed to make informed choices post-CET.

Leading institutions

More than 35 reputed engineering and medical institutions from across Karnataka will participate in the fair, showcasing their courses, fee structures, scholarships, campus facilities, and placement records. This provides a golden opportunity for students to explore a wide range of options directly from the source.

Exclusive interaction

What makes this fair even more significant is the presence of officials from the Karnataka Examinations Authority (KEA). They will offer detailed explanations about the choice filling process, seat allotment methods, step-by-step counselling procedures, and how to differentiate between government and management quota seats. Students can clear any lingering doubts about the CET admission process with authentic, first-hand information.

VK ವಿದ್ಯುಕೇಷನ್ FAIR 2025
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Guidance & advice

In addition to institutional representatives, experienced career counsellors and education consultants will be available to guide students in selecting the right course based on their individual interests, aptitudes, and the evolving job market. There will also be special sessions highlighting the growing demand for artificial intelligence and other skill-based tech programs. Experts will also offer insights into education loan facilities, especially for students from economically weaker sections.

All streams covered

Whether you're inclined towards science, commerce, arts, or looking at cutting-edge technology-driven courses, the VK Education Fair promises a comprehensive overview of all academic streams. This all-encompassing platform helps students weigh multiple options and confidently plan their next step.

Why should you attend?

The fair is free for students and parents. It offers one-on-one interactions with top colleges, access to course and admission details, live clarification of CET counselling procedures with KEA officials, and a chance to discover courses with high employability.

The venue is easily accessible from all parts of the city via buses or metro services. Adequate parking facilities are also available for private vehicles.

Event details
Dates: May 31 & June 1
Time: 9 am to 6 pm
Venue: Jnana Jyothi Auditorium, Bangalore University, Central College Campus, Palace Road

Register today!

Don't miss this unique opportunity to explore your future possibilities and set the foundation for a successful academic journey. For more information, call: 99160 79232 / 96869 38983. **— Prakash VL**

Beat cops to knock on every door

This initiative, part of broader people-friendly policing model, also includes stricter action on drugs, corruption, and traffic violations

Home Minister G Parameshwara on Tuesday announced a new statewide initiative called 'Mane Manege Police' (Police to Every Home), aimed at fostering trust and addressing issues at the grassroots level.

Speaking after a review meeting with senior police officials at the City Police Commissioner's Office, the minister said the initiative is part of the broader "people-friendly policing" framework. Under this program, beat constables will visit homes regularly to listen to citizens' concerns, resolve minor disputes amicably, and rebuild public confidence in law enforcement.

"This is the first time such a model will be implemented across Karnataka. Regular interaction with residents will help change public perception and create a sense of accessibility and transparency," said Parameshwara.

The review also covered key law and order concerns. Officials have been directed to increase police presence in public spaces, especially during peak hours, and actively engage with citizens to encourage community participation in crime prevention. The minister emphasised the importance of police attending Parent-Teacher Association (PTA) meetings in schools and colleges to discuss drug abuse, traffic safety, and legal awareness.

Zero tolerance on corruption

Raising concern over rising reports of Khaji Nyaya (Kangaroo Court)-like activities in police stations, where civil disputes are being "settled" unofficially, Parameshwara warned that such practices are breeding grounds for corruption. He issued strict warnings to the force, stating that any officer caught engaging in corrupt practices or unauthorised dispute settlements would face stringent disciplinary action.

Holding officials accountable

Referring to the recent meeting chaired by the Chief Minister and other top officials, Parameshwara said a clear accountability mechanism will be implemented for civic infrastructure failures. Engineers and department heads responsible for poor maintenance or negligence leading to accidents will be booked under the relevant sections of the law.

Firm stand on drugs

The Home Minister reiterated that Bengaluru will not be allowed to become a haven for drug peddlers. Jurisdictional police will be held directly accountable for any drug-related activities in their areas. "There will be no leniency in drug cases. Officers will be questioned and action will be taken if peddling is reported under their watch," he warned.

To enhance women's safety, the city has deployed over 9,000 new CCTV cameras at vulnerable locations, connected to a central command centre for 24/7 monitoring.

Towing system returns

On the traffic front, the minister confirmed that the vehicle towing system will be reintroduced in Bengaluru, but under revised Standard Operating Procedures (SOPs). He noted that haphazard parking during evening peak hours (5 pm to 9 pm) is one of the biggest causes of traffic congestion, particularly in commercial and densely populated zones.

The revamped towing policy will focus on decongesting critical corridors while ensuring accountability and fairness in enforcement.

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Metro scraps toilet fees

Bangalore Metro Rail Corporation Limited (BMRCL) scrapped the newly introduced toilet usage fee at 12 Namma Metro stations following strong backlash from commuters and a protest outside Dr BR Ambedkar Metro Station. The agency also cancelled its contract with Sulabh International, which had been charging ₹2 for urinals and ₹5 for toilets in non-ticketed areas. The decision comes amid rising commuter anger, especially after the recent 71% metro fare hike. Protesters argued that access to basic facilities like public toilets should not come at an additional cost. BMRCL clarified that toilets inside paid zones were always free and will now also take full responsibility for maintaining those outside fare gates.
— BMB

Two held for Ganja sale

Amruthahalli Police arrested two individuals for their involvement in the illegal sale of ganja near Amruthahalli Lake. The accused were caught attempting to sell the drug, mainly targeting college students and local youth. Approximately 0.5 kg of ganja, valued at ₹2 lakh, was seized from them. During interrogation, they confessed to sourcing the substance from Murshidabad in West Bengal. A case was registered under the NDPS Act. Police say efforts are ongoing to trace the wider supply network.
— BMB

BDA plans expansion of Karanth Layout project

Despite unfinished works in current phase, BDA initiates steps to acquire more land across Yelahanka and Bengaluru North taluks

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While development work on the Dr K Shivarama Karanth Layout is still in progress, the Bangalore Development Authority (BDA) is now moving ahead with plans to expand the layout further under the same name. In a major step, BDA is considering acquiring an additional 3,000 acres spread across 18 villages in Yelahanka and Bengaluru North taluk to continue building on the success of the current phase. This would make it the second-largest housing project being developed by BDA.

Earlier, a final notification was issued for acquiring 3,837 acres and 5.25 guntas of land. Out of this, 3,173 acres and 22.6 guntas have already been acquired without any legal disputes. On this acquired land, BDA has created approximately 30,000 plots across nine blocks, covering a total layout area of around 63.05 lakh sq. meters. An estimated ₹1,800 crore has been spent on the project so far.

Even as this phase progresses, BDA issued a notification on May 5 for identifying new land parcels for the expanded layout. A team comprising four land acquisition officers has been tasked with gathering necessary data and identifying eligible land in coordination with engineers and land surveyors. The team was instructed to submit a report including maps, land records, and detailed descriptions by May 10. An official stated, "Most of the field survey has already been completed. Land identification and necessary documentation have been submitted to the BDA. A proposal will be placed before the state government shortly."

According to the BDA, about 85% of work is complete in some blocks, while others remain nearly 30% incomplete, delaying overall progress significantly

18 villages identified for potential acquisition include Kondashettihalli, Lingarajasagara, Soladevanahalli, Chikkabanavara, Kempapura, Kasaghatapura, Kumbarahalli, Avalahalli, Mavallipura, JB Kaval, Lingarajapura, Mailappanahalli, Byalakere, Madhugirihalli, Shivakote, Muttugadahalli, Krishnarajapura, and Krishnarajasagara. Notably, villages like Soladevanahalli, Chikkabanavara, and JB Kaval lie near the proposed Peripheral Ring Road (PRR) corridor, making them strategically important for expansion.

Proximity to PRR a key factor

Most of the villages marked for expansion fall within the jurisdiction of Yelahanka and Bengaluru North taluks. BDA officials highlight that areas closer to the PRR will benefit from enhanced connectivity and are witnessing growing demand for residential plots.

Need for expansion

According to BDA, while around 85% of the work is complete in some blocks, other areas are still 30% incomplete. Installation of electric poles, roadworks, underground drainage (UGD), water pipelines, and junction upgrades are underway. Contractors have been instructed to complete all remaining works within three months. Despite public criticism about the rush to expand before completing the current phase, BDA defends the move. "There is still undeveloped land in North Bengaluru, and the PRR will significantly boost connectivity and demand. Therefore, we must act swiftly," a senior BDA official said.

Promoting sustainable menstruation in Bellandur slums

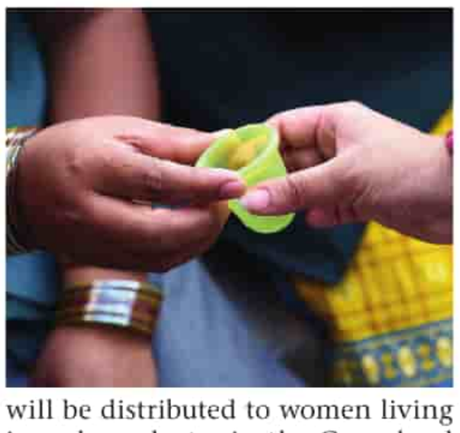
On World Menstrual Hygiene Day, NGOs push reusable menstrual products to house helpers, promoting health, eco-friendliness, and breaking taboos

A group of city-based non-governmental organisations is helping underprivileged women make the shift to safer and sustainable menstrual choices. Promoting sustainable menstruation, they will be distributing 160 menstrual cups to women living in a slum area in Bellandur.

The NGOs say the idea behind the initiative is to push women, who are mostly working as house helpers in various apartment complexes across the city, to switch to reusable options that are better for their health and the environment. Most importantly, the aim is also to respect the dignity of our cleaners.

The initiative by Stonesoup Trust and Beautiful Bharat will also include the 'Spread the Ripple' component, whereby cup users will encourage five other women to make the shift and donate cups or reusable pads to their house helps.

"We have crowd-funded for 160 cups. These sustainable and environmentally friendly menstrual cups



will be distributed to women living in a slum cluster in the Greenland Layout in Bellandur. These women work as housemaids in apartment complexes in that area," said Odette Katrak, co-founder of Beautiful Bharat, a citizen volunteer group.

Those working in the space say that not only are disposable sanitary napkins expensive and harmful to the environment, but they also clog drains and end up in landfills, releasing toxins when incinerated. In contrast, reusable menstrual cups are healthier, earth-friendly, and economical. One cup can last up to 10 years. The initiative has been taken on the occasion of World Menstrual Hygiene Day, observed today (May 28). Experts further underline that plastic and non-woven polypropylene sheets used in both tampons and sanitary pads are harmful when in contact with the skin for long periods. These materials can cause rashes and lead to more serious health concerns. Additionally, pads are often bleached and perfumed to make them look and smell clean—chemicals that can be harmful in the long run.

According to Katrak, the time is right for women to make the transition, as there are no longer taboos around the subject.

"I could never bring up this topic in front of my father. However, growing up, my daughters sat with their father and chose period reusable pads online. Times have changed, and it's very encouraging that men are involved in the conversations around shifting to reusable and sustainable options," added Katrak.
— BMB

CHANGE OF NAME

I, Waseem Baig L M s/o Mohamed Baig, Residng at Jayanagara, Nelamangala Taluk, Bangalore 562123, have changed my name from **Waseem Baig L M to Waseem Baig** vide affidavit dated 30-10-2024 before notary Gangaraja C B Bangalore

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Garbage woes

Suranjan Das Road

Suranjan Das Road residents struggle with garbage piling up along the stretch, creating health risks and daily inconvenience, as complaints go unanswered.

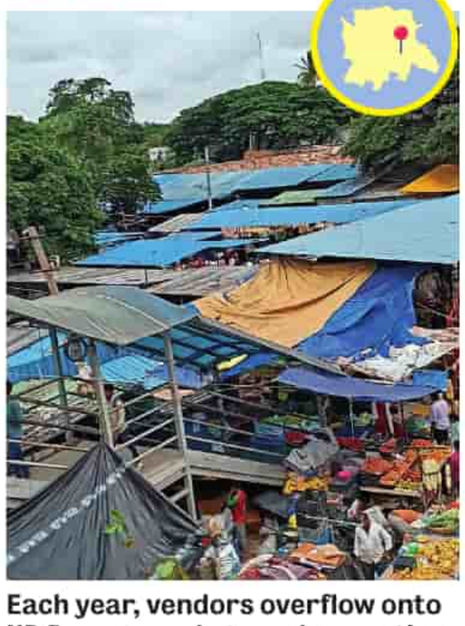
Road blockade

Hebbal

Daily traffic jams at the Hebbal Airport Road junction are frustrating commuters, as locals urge BDA to fast-track stalled infrastructure improvements.

Street chaos

KR Puram



Each year, vendors overflow onto KR Puram market roads, creating chaos, while inaction from BBMP leaves pedestrians and motorists struggling daily.

Without warning, danger lurks at white-topping site

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Residents and motorists have been facing numerous problems due to the ongoing white-topping work in Frazer Town, part of the Pulikeshinagar Assembly constituency. Venkatesh C, a tile setter, was rushed to the nearest hospital after falling off his bike while crossing the culvert on Mosque Road, where white-topping work is in progress. Venkatesh's hand was pierced by one of the protruding steel rods at the culvert.

"My father earns a livelihood by setting tiles. He was on the way to meet a client when he fell off the bike while crossing the culvert. Had the BBMP (Bruhat Bengaluru Mahanagara Palike) authorities put up a barricade tape, my father wouldn't have attempted to cross the culvert. We are finding it difficult to arrange money for treatment. We have already spent Rs 70,000 on treatment. I went to Pulikeshinagar Police Station to file a complaint but returned without doing so, as I wasn't sure how to go about it," said Lakshmi, daughter of Venkatesh.

Residents complain that the ongoing white-topping work is progressing at a snail's pace, and the BBMP authorities and traffic police have failed to put up barricade tapes to caution the motorists. They said the traffic police should have closed such roads for traffic to avoid road accidents.

Coming down heavily on the BBMP authorities for not taking precautions for the benefit of the motorists, Habiba Subhan, organising secretary, Pulikeshi Nagar Residents Welfare Association, said that she felt very bad to see Venkatesh's daughter pleading with hospital management to reduce the medical bill amount. "This is not the first incident of motorists getting injured due to the discriminatory digging of roads for white-topping. Many two-wheeler riders fell off their vehicles and got injured. Some of the pedestrians, including senior citizens, fell due to the poor condition of the roads. I demand that the authorities put up barricade tapes to caution motorists," said Subhan.

Man falls off bike while attempting to cross culvert in Pulikeshinagar where white-topping work has upended lives

Ranga Divanji, the site engineer, said, "A few residents put up concrete slabs on the culvert without permission. We will remove those concrete slabs."

White-topping work underway in Frazer Town

Flood aftermath: Damage and distress hold sway

Flood-hit families in Sai Layout continue to battle expensive repairs, disrupted water supply; with health concerns mounting, residents face difficult road to restore normal life

Sridhar.Vivan
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TWEETS @sridharVMIRROR

Public health concerns rise as stagnant water lingers, increasing the risk of waterborne diseases

With waterlogged homes, damaged appliances, costly repairs, and mounting health concerns, normalcy remains a distant dream for flood-hit families in Sai Layout. Life is slowly limping back to normal in Sai Layout after devastating floods left more than a hundred homes submerged for three days. But for many residents, the struggle has only just begun. From costly repairs and broken appliances to water shortages and health risks, the path to recovery is proving long, expensive, and emotionally draining.

A resident said, "Sump tanks in most houses were filled with contaminated water and must now be completely emptied and disinfected. Earlier, cleaning a sump would cost around ₹500, but post-flood, residents are shelling out anywhere between ₹1,000 to ₹2,000. Water pumps have failed in many homes, leading to high demand and inflated prices for replacements and repairs. Tanker water, once available for ₹500, now costs ₹700–900, putting further strain on already stretched household budgets."

Adding to their woes, expensive electronic items such as refrigerators, washing machines, and TVs have been damaged beyond repair in many houses. In some cases, water seeped into the engines of parked vehicles, rendering them immobile. Despite having insurance, several residents say companies are either denying full compensation or covering only partial repair costs, shifting the financial burden onto homeowners. "It's not just water that entered our homes, it's uncertainty, expense, and stress. Even though the water has receded, our lives are still drowned in problems," said a resident.

The challenges are not limited to property damage. The Bangalore Water Supply and Sewerage Board (BWSSB) is supplying water via tankers, but distribution remains erratic. When tankers arrive, many working residents are not at home, forcing elderly or physically challenged family members to scramble for a share. "Even when water is available, it doesn't reach everyone who needs it the most," said another resident.

The ongoing crisis has prompted several tenants to reluctantly vacate their rented homes in search of safer, flood-free neighbourhoods with better living conditions. "How many times can we go through this? Every monsoon brings water into our homes, not comfort," lamented a tenant who recently moved out.

Public health concerns are also rising. With stagnant water lingering for days, there is an increased risk of waterborne and vector-borne diseases. In response, BBMP has dispatched a medical team, including doctors and health workers, to the area. They are conducting health checks and distributing essential medicines to prevent a possible outbreak of infections.

Meanwhile, work on the expansion of the railway vent near adjoining Geddalahalli is only 20% complete. With another 6 to 8 months left for the project to finish, residents fear that just one heavy downpour could trigger fresh flooding. For Sai Layout's residents, rebuilding their homes is one thing; rebuilding their peace of mind is quite another.

> **"It's not just water that entered our homes, it's uncertainty, expense. Even though water has receded, our lives are are drowned** –Resident

IN BRIEF

Kumble named eco ambassador

Renowned sportsperson and former cricketer Anil Kumble has been nominated as the Forest and Wildlife Ambassador for Karnataka, Minister for Forests, Ecology and Environment Eshwar B Khandre announced on Tuesday.

Speaking at a press conference on the occasion of completing two years in office, Khandre said that Kumble, who has previously served as the vice-chairman of the Karnataka Wildlife Board, is being roped in to create awareness about forest and wildlife conservation.

The Minister further clarified that Kumble has immense concern and love for wildlife. **BMB**

Licence breach

Officials from the Bureau of Indian Standards (BIS) conducted a search and seizure operation at the largest warehouse in South India run by Brainbees Solutions Private Limited, which operates under the brand FirstCry. During the inspection, BIS found 36,924 units of toys, sippers, and other products, worth approximately Rs 1.43 crore, being stored and sold without valid BIS licences and misusing the Indian Standards Institute (ISI) mark. These items fall under categories that require mandatory certification under the Quality Control Orders (QCOs) issued by the Government of India. **BMB**

Serial bike thief caught

The Talaghattapura Police arrested a habitual offender in a two-wheeler theft case reported earlier this month. The suspect was caught with one stolen vehicle and, during interrogation, confessed to six more thefts across multiple jurisdictions.

Following the leads, police recovered a total of seven stolen vehicles linked to cases from Talaghattapura (3), Parappana Agrahara, Kanakapura, Harohalli, and Kaggalipura police limits. The accused was produced in court on May 25 and remanded to judicial custody.

The arrest led to the detection of multiple case. **BMB**

Need for targeted preventive measures stressed

CONTINUED FROM PAGE 1

were smashed and laptops or other personal gadgets were stolen. In one incident near Indiranagar, a woman returned from grocery shopping to find her passenger-side window shattered and her handbag, which contained her phone and documents, missing. CCTV footage showed a man on a scooter circling the area moments before the theft.

Unidentified miscreants broke into a businessman's car and stole ₹7 lakh in cash near Devanahalli in March. The victim, Syed Suleiman, a hotel entrepreneur from Hyderabad, was in Bengaluru for financial dealings and had met some associates in HSR Layout. While returning, he stopped for dinner at the Empire Hotel located on the Devanahalli service road. As heavy rain lashed the area, Suleiman remained inside the hotel after his meal. During this time, thieves smashed his car window and made away with the cash kept inside. Upon returning to his vehicle, he discovered the break-in and immediately lodged a complaint with the police.

According to police data, a total of 174 cases related to cash theft and 555 cases involving jewellery theft have been reported. Among the various theft-related cases reported, a significant number involved items not specifically categorised under standard classifications, with 579 such incidents recorded. In addition to cash and jewellery thefts, the data reflects a wide range of property crimes, including thefts of vehicles, electronic goods. The statistics highlight the diverse nature of burglary and theft cases, pointing to the need for targeted preventive measures across different sectors.

Law enforcement authorities are urging citizens to be cautious and avoid leaving any valuables in plain sight inside their vehicles. "Always take your belongings with you, even if you are stepping away for just five minutes. Park in well-lit areas or secure parking lots with CCTV coverage," the officer added. Bengaluru City Police Commissioner B Dayanand has urged citizens to avoid leaving valuables on car seats while walking away or parking their vehicles. If it's absolutely necessary to leave valuables behind, he advises storing them securely in the car's locked boot space to prevent theft.

HC clarifies cheque bounce law, overturns trial court ruling

Excludes bank intimation date in 30-day limit, restores ₹12 lakh repayment order

Karnataka High Court rules that the bank's dishonour intimation date must be excluded when calculating the 30-day limit for issuing payment notices under Section 138

In a significant ruling, the Karnataka High Court has clarified that while computing the 30-day limitation period for issuing a payment notice under Section 138(b) of the Negotiable Instruments Act, the date on which the bank informs the payee about cheque dishonour must be excluded. Justice H P Sandesh delivered this judgment while allowing an appeal filed by B R Anand, who had challenged the acquittal of V R Gisha by a trial court in a cheque bounce case. The High Court observed that the trial court erred in counting the limitation period from the date of the bank's intimation, rather than excluding it.

The case pertains to a cheque issued by the respondent on August 2, 2017, which was returned unpaid due to insufficient funds. The appellant received intimation of the dishonour on August 5, 2017, and issued a legal notice on September 4, 2017. While the trial court deemed this as beyond the statutory 30-day period, the High Court held that excluding August 5 made the notice timely.

IN HIGH COURT

Referring to the Supreme Court's ruling in Econ Antri Limited v. Rom Industries Limited (2014), the High Court reiterated that the date on which the cause of action arises should not be included in the limitation computation. The judgment serves as a precedent to ensure clarity in calculating deadlines under the Negotiable Instruments Act.

The High Court also examined allegations that the cheque was altered. The trial court had accepted this argument, contributing to the respondent's acquittal. However, Justice Sandesh rejected this reasoning, noting that the cheque bore valid counter-signatures, thereby dismissing the defence of alteration.

Background details reveal that the complainant, a retired employee of BESCOM, had lent Rs 11.7 lakh to his colleague for personal purposes. A repayment agreement was made in 2014 for a two-year term. When repayment did not materialise, and the cheque issued in 2017 bounced, legal proceedings followed.

Overturning the trial court's verdict, the High Court directed the respondent to pay a total of Rs 12 lakh — Rs 11.7 lakh to the complainant and Rs 30,000 to the state. In a separate case, the High Court, led by Justice Suraj Govindaraj, directed police to register a case against a person who allegedly paid over Rs 1 crore to a woman and others for a fake job offer at ISRO. The bench instructed the police to investigate the complaint thoroughly and informed the Chairman of ISRO for further necessary action.

FIR quashed in IPL ticket resale case

The Karnataka High Court on Tuesday (May 27) quashed an FIR against a 22-year-old man accused of selling IPL tickets at inflated prices. Justice Suraj Govindaraj, hearing the case during vacation, ruled in favour of Somarapu Vamashi, who was charged under Section 318(4) of the Bharatiya Nyaya Sanhita. Vamashi was accused of selling ten tickets for the RCB vs KKR match for Rs 6,000 each, while their face value was Rs 1,200. His defence argued that ticket resale is not restricted. The court cited the Punjab and Haryana High Court's ruling in Mandeep Singh v. State of Chandigarh, concluding that continuing the case would be an abuse of legal process. The FIR was subsequently quashed.

'Will protect K'taka's assets'

Karnataka Deputy Chief Minister DK Shivakumar said on Tuesday that the state government would protect Karnataka's assets at any cost amid reports of relocating Hindustan Aeronautics Limited (HAL) to Andhra Pradesh. Speaking at the Karnataka Pradesh Congress Committee office, Shivakumar clarified that HAL was not established by any BJP government, but by former Prime Minister Jawaharlal Nehru, who chose Bengaluru for its technical talent. "We have given sufficient land to HAL, including for a helicopter unit in Tumakuru. They are free to set up new units in Andhra, but relocating the existing facility is unacceptable," he said.

He questioned the silence of Karnataka MPs and Union Ministers, urging them to speak up for the state. "What are our MPs doing? Their silence amounts to betrayal," he said. Medical Education Minister Sharan Prakash Patil echoed the sentiment, calling HAL the pride of Karnataka and warning against any move to shift it. "If BJP MPs remain silent or bow to their high command, they will be letting the state down," he said.

Industries Minister MB Patil added that while establishing a new HAL unit elsewhere is fine, relocating the existing one is not. He plans to meet Defence Minister Rajnath Singh soon. — BMB

BJP expels two MLAs

Finally, after dilly-dallying for a long time, the BJP on Tuesday expelled two of its Karnataka MLAs S T Somashekar and A Shivaram Hebbar for six years over allegations of repeated anti-party activities. The announcement was made by BJP's Karnataka unit president B Y Vijayendra, who said the decision came after extensive consultations with the party's central leadership.

Somashekar, MLA from Yeshwanthpur, and Hebbar, who represents Yellapur, had defected from the Congress in 2019 and played a key role in bringing down the H D Kumaraswamy-led coalition government. Along with 16 others, they helped the BJP form the government under B S Yediyurappa. Though re-elected on BJP tickets in 2023, both MLAs had recently been seen leaning towards the ruling Congress.

Party sources said the two leaders frequently ignored party directives, skipped important meetings, and supported Congress positions in the Assembly. "They were given several chances to fall in line but continued to defy party discipline," said Vijayendra.

Their conduct had been under review for months. With these expulsions, the total number of BJP MLAs ousted in Karnataka now stands at three. — BMB

Golden glory at 70: Veteran swimmer scripts historic win

Ophthalmologist stuns World Masters Games with one gold, three silvers for India

| Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

At an age when most step back, Dr Sunita Rana Agarwal dove forward straight into history. At the prestigious World Masters Games 2025 in Taipei, the veteran swimmer clinched one gold and three silver medals, standing tall among 60,000 athletes from across the globe.

Representing India, Dr Agarwal won gold in the 50-metre butterfly and secured silver in the 50-metre backstroke, 50-metre freestyle, and 100-metre freestyle. Every race was a testament to her unwavering discipline and determination, each stroke echoing decades of training and sacrifice.

Dr Sunita Rana Agarwal at the World Masters Games 2025 held in Taipei

"Swimming has never been just a sport. It is my way of serving my nation... I swam for the dream of seeing my country's flag rise

– Dr Sunita Rana Agarwal

Her achievements at the Games mark the latest chapter in a journey that began when she was just three years old. By 10, she was already dominating state and South Zone championships. At 14, she won nationals and was selected for Team India, even qualifying for the 1976 Montreal Olympics.

"Swimming has never been just a sport. It is my way of serving my nation. I didn't swim for medals—I swam for the dream of seeing my country's flag rise high and to hear the national anthem play on the world stage," Dr Agarwal said.

A leading ophthalmologist by profession, Dr Agarwal balances her demanding medical career with her athletic pursuits. Her day begins at 4 am with prayer, followed by four hours of swim training before heading to her clinic. "I got my gold in medicine. This was my gold in swimming," she added with pride. Held every four years, the World Masters Games is often dubbed the Olympics for veteran athletes, celebrating perseverance and the love of sport. In Taipei, Dr Agarwal proved that passion and purpose are truly timeless.

Digital arrest con costs senior citizen ₹4.7 crore

Third such case in 1 week in city puts question-mark on success of awareness initiatives

A senior citizen in the city was tricked into transferring over ₹4.7 crore to fraudsters who posed as officials from prominent institutions including a national bank, central investigative agencies, and even the judiciary. The scam, which unfolded over nearly two months, marks the third such case this week targeting elderly individuals through a deceptive method known as "digital arrest".

The victim first received a phone call in mid-March from someone claiming to be a bank representative. The caller falsely alleged that a credit card under the victim's name had been used for illegal financial transactions. What followed was a terrifying spiral of deceit. The victim was told they were under investigation for money laundering and that officers from central agencies would be contacting them through WhatsApp video calls.

INFOCUS CYBER CRIME

Over the next several weeks, the victim was contacted by multiple individuals who impersonated officials from government and law enforcement agencies. Using psychological coercion, the fraudsters created a false sense of urgency and fear. They convinced the victim to isolate themselves, cut off communication with family, and follow strict instructions under the pretext of a sensitive digital investigation.

The scammers manipulated the victim into believing they were under a "digital arrest", a fabricated legal scenario where individuals are told they cannot leave their homes or disclose the ongoing case, allegedly being monitored by law enforcement. Under this illusion, the victim transferred Rs 4.7 crore in multiple transactions to accounts specified by the fraudsters. Two other similar cases have been reported in Bengaluru this week, all involving senior citizens,

> Citizens must remain vigilant and remember, no legitimate investigation is ever conducted via WhatsApp

who were duped through the same fraudulent tactic. These aren't cases of ignorance or lack of literacy as most of the victims are well-educated, financially stable, and socially respected individuals. Yet, they find themselves vulnerable when confronted with a mix of fear tactics, legal jargon, and the misuse of digital communication platforms like WhatsApp.

Awareness not reaching to the maximum?

The case highlights that digital literacy and cyber awareness are not keeping pace with the sophistication of modern scams. While city police have been making efforts through awareness campaigns, seminars, and community outreach programmes, many senior citizens are still not receiving or internalising these messages.

Private banks, too, have stepped up with regular SMS alerts, emails, and app-based warnings cautioning customers against fraud. However, these efforts appear to be falling short, particularly when it comes to reaching older account holders who may not be as digitally savvy or alert to the latest scam strategies.

Authorities confirmed that while there has been some progress, the investigation is still ongoing and efforts are actively underway to resolve the case. They have once again urged citizens to remain vigilant and remember, no legitimate investigation is ever conducted via WhatsApp, and no government agency will ask for money transfers during the course of an inquiry.

People are encouraged to report any suspicious calls or messages immediately to their nearest cybercrime cell or by dialing the national cyber helpline at 1930.

—Atiya Firdos

Deadline extension

September 15, 2025: The new due date to file income tax return for **FY 2024-25 (AY 2025-26)**. It was earlier July **31, 2025**

Who will it benefit?

The ITR filing of July 31 applies to most general categories of taxpayers. This includes most salaried employees and all those taxpayers whose accounts are not required to be audited

46 days: Extra for salaried employee to file their income tax returns

Up to Rs 5,000: Penalty will be applicable if the ITR is not led by the last date

Why was it extended?

The notified ITRs for **AY 2025-26** have undergone structural and content revisions aimed at simplifying compliance, enhancing transparency, and enabling accurate reporting. These changes have necessitated additional time for system development, integration, and testing of the corresponding utilities. Furthermore, credits arising from TDS statements, due for filing by **31**st May **2025**, are expected to begin reflecting in early June, limiting the effective window for return filing in the absence of such extension -- CBDT.

—ET Online

Match on

Royal Challengers Bengaluru's Virat Kohli celebrates the wicket of Lucknow Super Giants' Matthew Breetzke during the IPL 2025 cricket match between Royal Challengers Bengaluru and Lucknow Super Giants, in Lucknow, Tuesday. Pant's brilliant ton, Marsh fifty help LSG set RCB 227-run target

INBRIEF

Above-normal June rainfall

India is likely to receive above-normal rainfall in June, which is expected to keep maximum temperatures in check in most parts of the country, the India Meteorological Department (IMD) said on Tuesday.

At a press conference, M Ravichandran, Secretary in the Ministry of Earth Sciences, said rainfall across the country during June is likely to be more than 108 per cent of the long-period average of 166.9 mm.

"During June, most of the country is expected to receive normal to above-normal rainfall. However, some southern parts of peninsular India and parts of northwest and northeast India may receive below-normal rain," he said.

IMD Director General Mrutyunjay Mohapatra said due to this expected good rain, most parts of the country may experience normal to below-normal maximum temperatures, except for many areas in Northwest and Northeast India. PTI

Transfer of HC judges suggested

The Supreme Court collegium has recommended transfers or repatriation of 21 judges of several high courts across the country.

The collegium, headed by Chief Justice of India BR Gavai, decided to recommend the transfers or repatriation of these high court judges at its meeting held on Monday.

"The Supreme Court collegium in its meeting held on May 26, 2025 has recommended transfers/ repatriation of the following judges of high courts," said a statement uploaded on the apex court's website.

Some of the recommendations are as follows:

It said the collegium has recommended that Telangana High Court judge Sujoy Paul be transferred to the Calcutta High Court.

The collegium has said Justice V Kameswar Rao, presently a judge of the Karnataka High Court, be repatriated to the Delhi High Court.

The collegium has said Gauhati High Court judges Lanusungkum Jamir and Manash Ranjan Pathak be transferred to the high courts of Calcutta and Orissa respectively. PTI

Don't skip classes: US Embassy

The US Embassy in India on Tuesday warned international students studying in the US that if they "drop out, skip classes, or leave your programme of study" without informing the school, then their student visas may be revoked.

The Embassy, in a post on X, also urged students to adhere to the terms of visas and "maintain your student status" to avoid any issues.

"If you drop out, skip classes, or leave your program of study without informing your school, your student visa may be revoked, and you may lose eligibility for future US visas. Always adhere to the terms of your visa and maintain your student status to avoid any issues," it said. American universities attract a large number of Indian students.

In 2023, the US consular team in India issued over 1,40,000 student visas -- more than any other country -- setting a record for the third year in a row. PTI

Ambush-style checkpoints, zig-zag barricades and more

CONTINUED FROM PAGE 1

vehicle details even at night have been installed, and these images are transmitted to central control rooms where automated systems can trace vehicle owners and issue penalties. However, the reliance on manual checks continues.

Zig-zag barricades

At many places in the State, police set up zig-zag barricades on ring roads and highways, especially at night. These sudden obstacles often result in abrupt braking by motorists, leading to rear-end collisions and accidents.

Two-wheeler riders are particularly vulnerable.

Checkpoints under scrutiny

Several allegations have surfaced regarding misuse of checkpoints for illegal monetary collections. Some traffic officers reportedly collect fines without issuing receipts, using their personal QR codes. There's growing dissatisfaction within the department as well, citing pressure to meet penalty targets. Even though technology exists to capture photos or videos and deliver fines to vehicle owners' homes, most officers continue to prefer direct interception and cash collection.

'Smell Tests' ridiculed

With a severe shortage of breath analysers, police often resort to

sniffing drivers' breath to detect alcohol consumption. This unscientific method has drawn public ridicule, now mockingly referred to as the 'Smell Squad' operation.

Call for scientific policing

A retired police officer said, "Police must adopt scientific and technology-based inspection methods instead of blocking roads and stopping vehicles arbitrarily. If not, more lives—both civilian and police—will continue to be lost."

Home Minister Parameshwara said in Bengaluru that a meeting of senior officers has been called to discuss the matter in detail. "The police should not stop vehicles in an unscientific or reckless manner. officers often stand hidden at corners and suddenly appear in front of oncoming vehicles to stop them. This is not acceptable. There is a proper procedure in place, and it must be followed. The police tend to abruptly stop speeding riders by suddenly stepping in front of them, which startles and endangers the riders. This matter will be taken up and appropriate guidelines will be issued."

DGP's order

Former DGP Praveen Sood had issued clear instructions to traffic police not to harass motorists under the guise of vehicle document checks.

Only riders visibly violating traffic rules or suspected of drunk driving should be stopped, and even then, their documents should be checked only if necessary. The directive clearly prohibited lower-ranking officers like PSIs and ASIs from randomly stopping vehicles on roads for unnecessary checks.

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I AMAR RAJU, S/o D.K.RAJU, Residing at, SURAKSHA, Near 6th Cross, Kempegowda Main Road, Udayagiri, HASSAN, 573201, have changed my minor Son Name DIVITH to DIVITH AMAR for all purposes

I, Subhodhkumar Bhoja Hegde S/o Bhoja Hegde R/o Flat.B3 3C-408, Provident park square, Judicial Lyt, Thalagattapura, B'luru 560062 have changed my name to Subodh Bhoja Hegde Affidavit Dt.27/05/2025 notary Harisha G, B'luru

WE, Shalini Ranjan and Abhishek Kumar Sinha, residing at B339, Dhiraan Newyork Meadows, 29/9 Iggalur, Chandapura, 560099 have changed our minor son name from Vidyut Sinha to Vedarth Sinha, vide affidavit at 27-05-2025 before notary B.M Chandrashekhar, Bangalore.

I, Vimal S/o Subramani S R/o #10,12th Main Road, Jai Bheem Nagar,Singasandra B'lore-560068 have changed my name to Vimal S .

I, Saroja Gajendra Reddy w/o K G Gajendra Reddy R/o 613/9, Opp Police Station, 8th Block, Koramangala, Bengaluru 560095 have changed my name to Saroja Narayanaswamy (Saroja N) affidavit Dt.27/05/2025 notary Harisha. G, B'luru

I, Channabasavaraj S/o B.B. Raju R/O No 16,80 Feet Road, H M T Layout, R.T.Nagar Bengaluru 560032 have changed my name to Channabasavaraj .B for all purposes.

I, Deepa Bernadine, W/o Aditya Lokanatha G, R/o 52, 3rd Main, SBM Colony, Anand Nagar, Hebbala, B'luru-560024 have changed my name to Deepa Bernadine Robert for all purposes.

I, Iti Garai, W/o. Asoke Kumar Gorai, Permanent R/o. 17, Raybahadur Sarat Chatterjee Lane, Near Kalibari, Uttarpara, Uttarpara Kotrung M., Hoogly, WB-712258, have changed my name to ITI GORAI vide affidavit Dtd: 26/05/25 before Notary M. Rajendra, Blr.

I, Prashanth H S S/O Shivaputhrayya Hiremath R/O No 840, 9th Main Road, 2nd Cross, 4th Stage B.E.M.L Layout Rajarajeshwari Nagar Bangalore 560098, have changed my name to Prashanth Hiremath.

I, Devarajulu Reddy Munireddy S/o Lavala Reddy M R/o 36/6, 1st main, Narayana reddy Lyt, Somasundarapalya, HSR Lyt, Bengaluru 560102 have changed my name to Devaraj Lavalareddy (Devaraj L) Affidavit Dt.27/05/2025 notary Harisha G, B'luru

I NARAYANAN THANJAVOOR MANIKKAM S/O LATE SANGAMESWARA IYER, 3414, VHBCS, GIRINAGAR 4TH PHASE, BSK 3RD STAGE, BENGALURU - 560085 HAS CHANGED MY NAME FROM ARAKONI NARAYANAN SANGAMESWARAN TO NARAYANAN THANJAVOOR MANIKKAM FOR ALL FUTURE PURPOSES.

I, Mohammed Ashraf Hussain Hameed S/o Hameed Hussain Ahmed R/o No. 6, 7th Cross, Victoria Layout, B'luru, 560047 have changed my name to Mohammed Ashraf Hussain for all purposes.

I, Reshma kiran C L W/o Maruthi Godugu R/o 20/1A,2nd Floor ,5th Main , Shri Shiva Nilayam, Electronics City phase-2, Vinayak layout B'luru have changed my name to Reshma Maruthi.

I, Mohammed Isak Ulla, R/o Bellara, Post Huliar Hobli, CN Halli, Tumkur – 572218, hereby declare that I have changed the name of my minor daughter's from IN SHA Kownain to Insha Kounen for all official and legal purposes

I Gayathri Devi Venkatachalapathy W/O, Venkatachalapathy Ramaswamy R/o No 18 1st B Cross Choluru Palya Magadi Road Bengaluru - 560023 have changed my name to Gayathri Narasimhaiah.

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HEALTH TIP: Drink plenty of water. Dehydration makes nails brittle and more prone to breaking or peeling

Gently moving an ice cube around your face helps tighten pore size and calm redness

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SPLIT VERDICT

Korean pear juice, IV drips, vitamin patches: Do these trendy hangover cures work?

We've all been there. The pounding headache, relentless nausea, and the kind of tired no amount of coffee can fix. Hangovers are a reminder that last night's fun comes at a cost.

These days, hangovers aren't just something to complain about over a greasy breakfast – they're big business. The global market for hangover cures is now valued at USD 2.29 billion and projected to reach USD 6.71 billion by 2032.

These products – ranging from capsules to drinks to patches – appear to be popular. Nearly 70% of drinkers say they would buy an effective hangover remedy. But any scientific evidence they work is thin.

First, what causes hangovers?

Despite years of research, the exact cause of a hangover is still unclear. But we know several biological processes contribute to that hungover feeling.

1. Your immune system is in overdrive

When you drink, your body treats alcohol like a threat. It breaks alcohol down into acetaldehyde, a toxic byproduct that triggers an immune response, releasing inflammatory chemicals called cytokines.

These chemicals are the same ones your body uses to fight infections, which is why a hangover can feel eerily similar to being sick.

2. You're dehydrated

Alcohol blocks vasopressin, a hormone that helps the body retain water. Without it, you make more frequent trips to the bathroom and lose more fluid than you take in, leading to thirst, dry mouth, and the classic hangover headache.

3. Your sleep takes a hit

Although alcohol might help you fall asleep faster, it disrupts your natural sleep pattern. You get more deep sleep early on, but less rapid eye movement (REM) and light sleep stages.

As the alcohol wears off, your brain rebounds with more REM sleep and frequent wake ups, leaving you groggy and cognitively impaired the next day.

4. Your brain is recalibrating

Alcohol disrupts several brain chemicals. It boosts gamma-aminobutyric acid, a calming neurotransmitter, and suppresses glutamate, which normally keeps you stimulated and alert. That's part of why drinking feels relaxing. But as your body tries to rebalance, you may be left feeling anxious or irritable.

What's in hangover 'remedies'?

Modern hangover remedies have evolved well beyond the "hair of the dog". You've got liver-protecting capsules, electrolyte-packed drinks, vitamin patches for while you party, and strips that dissolve on your tongue – all with the goal of accelerating recovery.

A 2025 analysis which looked at hangover products marketed in Australia found B vitamins and sodium were the most common ingredients, appearing in nearly half of all products reviewed.

B vitamins are often included based on the idea alcohol depletes them, while sodium is thought to support rehydration. However, there's little solid evidence that either significantly improves hangover symptoms in otherwise healthy people.

Natural ingredients such as ginger and dihydromyricetin, a compound extracted from the Japanese raisin tree, were also popular, featuring in more than one-quarter and one-third of products respectively.

Ginger is widely used to treat nausea and vomiting, and there's some evidence to support its effectiveness for gastrointestinal symptoms. However, this is not specific to hangovers.

Dihydromyricetin has been marketed as a revolutionary hangover fighter, with claims it helps the liver process alcohol more efficiently. Yet, when tested under controlled conditions, it failed to reduce hangover severity more than a placebo.

Other popular ingredients show similarly underwhelming results. The amino acid L-cysteine has shown some benefits in one study, but the sample was too small to draw firm conclusions.

Another product often marketed as a hangover remedy is Korean pear juice. If consumed before drinking, it may help the body break down alcohol more efficiently. A 2013 study found it slightly lowered blood alcohol levels and improved focus. However the effects were small, and it offered little benefit once a hangover had already set in.

Another natural remedy that has shown some promise is red ginseng. One study found participants who drank red ginseng extract after alcohol were less thirsty, fatigued, had fewer stomach aches, and even had improved memory compared to people who drank just plain water.

Mouse trials of ginseng have also shown consistent benefits across symptoms and biological markers of alcohol-related stress.

How about IV drips and vitamin patches?

Not all remedies come in pill or plant form. IV drips, often marketed as wellness boosters for energy, immunity, and even glowing skin, are now offered at clinics and "drip bars" for hangovers too. But unless you're severely dehydrated, there's little evidence these pricey infusions work any better than water, food and rest.

Vitamin patches are also trending, claiming to deliver nutrients through the skin while bypassing digestion. But again, studies don't necessarily support this. Most vitamins are better absorbed through food or oral supplements.

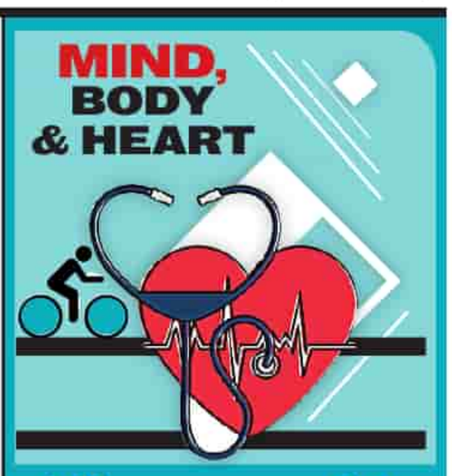
There's no magic cure for a hangover

As the hangover remedy market continues to grow, science hasn't kept pace with marketing claims. However, these science-backed strategies may help:

- pacing yourself and having no more than one standard drink an hour gives your liver time to keep up, so you're less likely to feel too drunk or hungover the next day
- stay hydrated by alternating alcoholic drinks with water
- eating before drinking slows alcohol absorption and can help reduce stomach irritation
- get plenty of sleep after a big night out, as your body does most of its recovery while you rest. Even a short nap the next day can help you feel better.

Practising moderation can be difficult in the moment. But it's likely to be your best bet to avoid waking up feeling rough the next day.

(By Blair Aitken and Rebecca Rothman, Swinburne University of Technology, The Conversation)



All you need to know about...

Global warming & cancer

Women at risk

Amid the surging number of cancer cases in women, a new study on Tuesday found its association with increasing global warming conditions.

Small rise

In the study, published in the journal Frontiers in Public Health, scientists found that global warming in the Middle East and North Africa is making breast, ovarian, uterine, and cervical cancer more common and more deadly. While the rise in rates is small it is statistically significant and suggests a notable increase in cancer risk and fatalities over time.

Mortality also rises

"As temperatures rise, cancer mortality among women also rises -- particularly for ovarian and breast cancers," said Dr Wafa Abuelkheir Mataria of the American University in Cairo.

"Although the increases per degree of temperature rise are modest, their cumulative public health impact is substantial," Mataria added.

Focus of study

The study focussed on countries like Algeria, Bahrain, Egypt, Iran, Iraq, Jordan, Kuwait, Lebanon, Libya, Morocco, Oman, Qatar, Saudia Arabia, Syria, Tunisia, United Arab Emirates, and Palestine -- all seriously vulnerable to climate change and are already seeing striking temperature rises.

The team collected data on the prevalence and mortality of cancers -- breast, ovaries, cervix, and uterine -- and compared with changing temperatures between 1998 and 2019.

Results

The prevalence of the different cancers rose by 173 to 280 cases per 100,000 people for every additional degree Celsius: ovarian cancer cases rose the most and breast cancer cases the least. Mortality rose by 171 to 332 deaths per 100,000 people for each degree of temperature rise, with the greatest rise in ovarian cancer and the smallest in cervical cancer. —IANS

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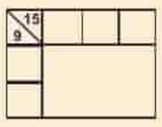
SOLVE IT IN A MINUTE

0123456789

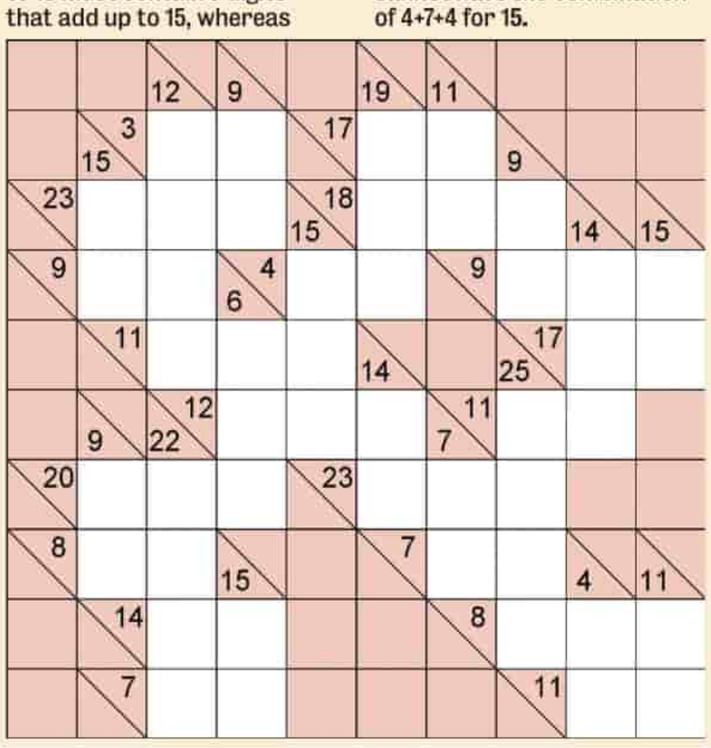
Using each of the above integers only once, compose five 2-digit integers that add to 288. (Zero can only be in the units position)

Kakuro

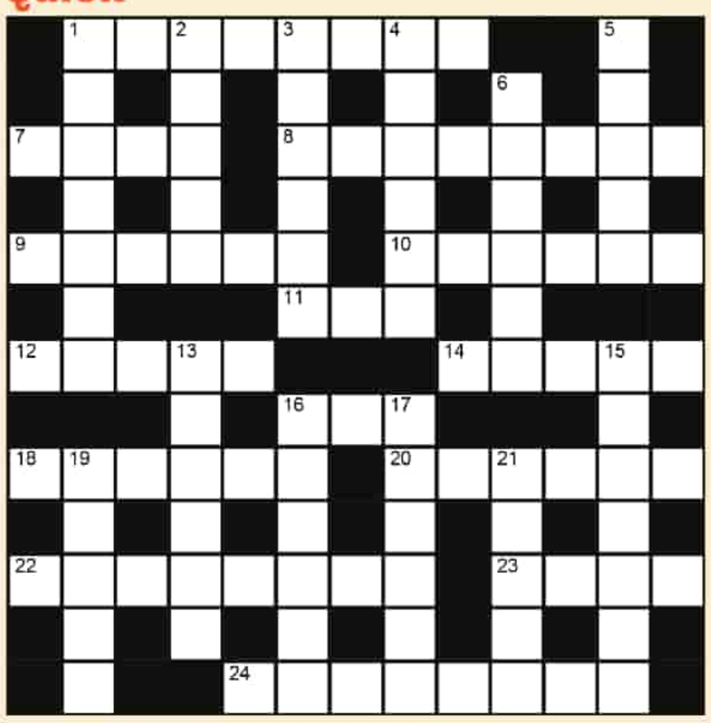
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 French fries-ingredient? (8)
7 Medley or mixture of sorts (4)
8 Waterfall; rapids (8)
9 A Spanish dance (6)
10 Shove (6)
11 Marshal at Waterloo (3)
12 Proofer's notations (5)
14 Of equal value ? (2,3)
16 Hostilities (3)
18 Karnataka city just south of Goa (6)
20 Mischievous, elfish (6)
22 Weird or hideous? (8)
23 Time past (4)
24 Thrives (8)

DOWN

1 Cease action or participation? (4,3)
2 Store of treasure (5)
3 Powerful businessman (6)
4 Thing with a distinct existence (6)
5 Sins or depravities (5)
6 Moral and social decay? (3-3)
13 High structures; minars (6)
15 Expresses forcefully (7)
16 Author or essayist (6)
17 Wealth (6)
19 Permit (5)
21 Name on a cheque (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS T

QYY IG EQFG XL ZGDAZG AN IEQX XL ZL IAXE XEG XAHG XEQX AN TAFGU BN.

Linemaro

I have a pen and you have a phone number. Think of the possibilities

Mindchow

Being ignorant is not so much a shame as being unwilling to learn

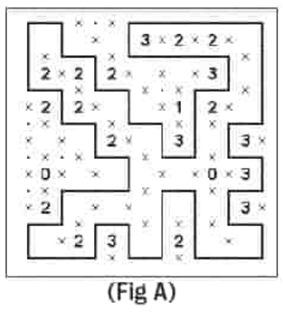
Joke of the day

The only 'ism' Hollywood believes in is plagiarism

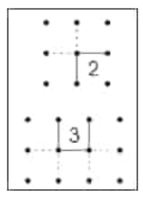
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

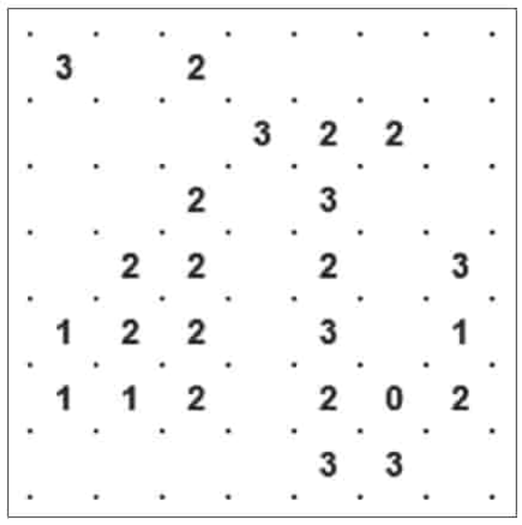


(Fig B) Not Allowed

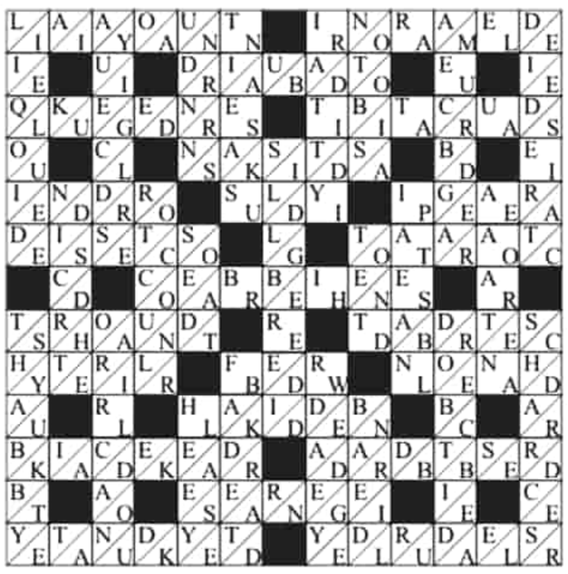
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



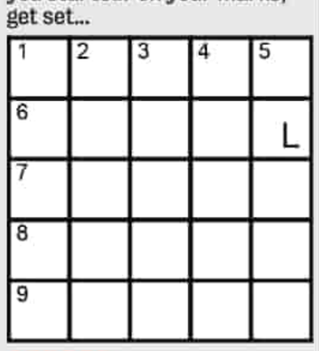
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

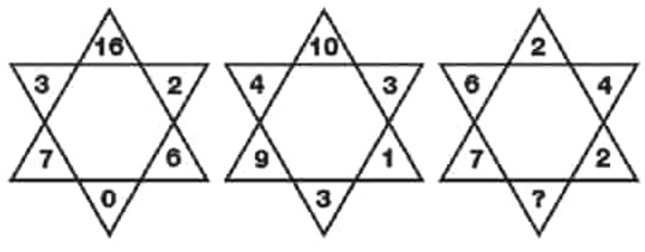
1 Gamma; 6 Melia (1-4); 7 Ad Lit; 8 E dune; 9 Loy id

DOWN

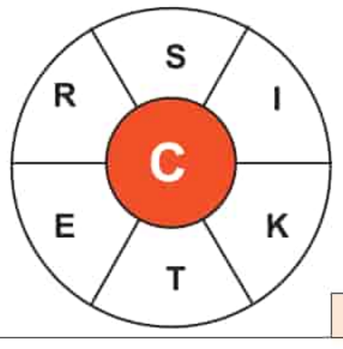
1 Ted me; 2 Naomi; 3 Dag id; 4 Maul I; 5 A yell

Mensapuzzle

Which number replaces the question mark in the third star?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; 10 Good; 12 Outstanding

SudokuChallenge

6				3				2
		1				6		
	2	4	5		7	8	9	
	3		1	5	2		4	
	7		8	9	4		1	
	4	7	2		6	5	3	
		5				7		
9				4				8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

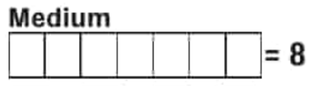
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

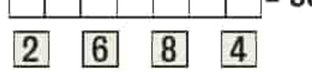
2 3 7 9

Medium



8 3 2 1

Hard



2 6 8 4

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Thumb is moved. 2. Butterfly is reversed. 3. Net is smaller. 4. Man is thinner. 5. Tree limb is moved. 6. Bush is different.

Riddler

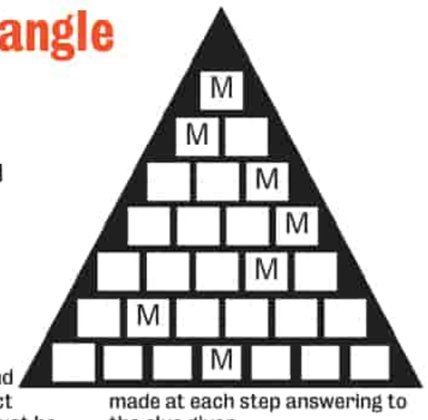
Insert the word from group B into the empty spaces in group A.

Group A 1. Ta_____ry, 2. K_____en, 3. D_____le, 4. S_____et & 5. T_____t

Group B A. Herb, B. Itch, C. Able, D. Pest & E. Wind

Alpha triangle

1 Meter, abbr.
2 Do, re,_ fa ....
3 Border
4 Stiffly neat
5 Chief or principal
6 Realm
7 State leader



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

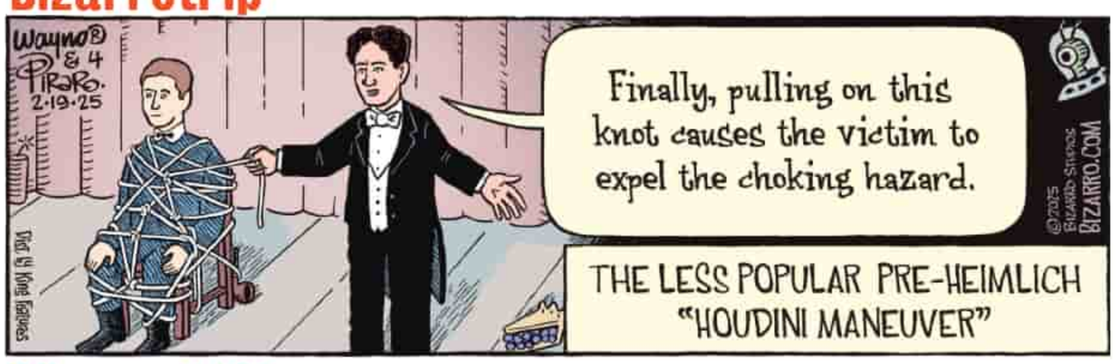
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

POPEYE, YOU SHOULD BE GLAD I MADE YOU INVISIBLE!
PHOOEY!
ME FRIEN'S CAN'T SEE ME!!
HOW WONDERFUL!! YOU DON'T HAVE TO SHAVE, WASH, OR COMB YOUR HAIR!
8-30
popeye.com

Bizarrotrip


Wayno & Piraro 2-19-25
Finally, pulling on this knot causes the victim to expel the choking hazard.
THE LESS POPULAR PRE-HEIMLICH "HOUDINI MANEUVER"
BIZARRO.COM

Diamond Lil

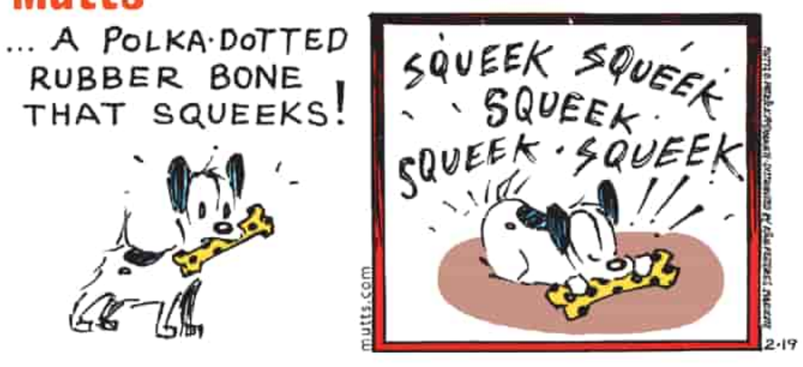
Hart of the city

DEAN, WHO ARE YOU NAMED AFTER?
DEAN MARTIN, WHOEVER THAT IS.
YOU KNOW DEAN MARTIN. I FORCED YOU TO WATCH THE ORIGINAL "OCEAN'S ELEVEN"! THE RAT PACK? DEAN MARTIN AND JERRY LEWIS?
YEAH, DEAN MARTIN. FATHER OF GEORGE R.R. MARTIN!
NO. THEY'RE NOT RELATED.
I MUST BE THINKING OF STEVE MARTIN.
ALSO WRONG!

Crankshaft

WITH THERAPY, YOUR BACK WILL TAKE A MONTH TO GET BETTER...
OR ABOUT THIRTY DAYS IF YOU DO NOTHING.
WHAT ABOUT BACK REPLACEMENT SURGERY?
BATIUK & DAVIS

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dissatisfied and unable to handle your responsibilities effectively. Be cautious with financial matters, as investments could lead to losses. Read all documents carefully before signing. Concerns about elders' health may weigh on you. If you're planning to renovate or reconstruct your home, it's advisable to postpone it for now.

Taurus Apr 21 – May 20
You may be busy with work today, and your professional network could expand. This may lead to securing a major order for your business or career. You're likely to explore innovation in partnerships and attract new investments that will boost your business in the near future. Your emotional connection with your spouse will deepen.

Gemini May 21 – Jun 21
You'll be focused on family today and may find joy in spending time with loved ones. New sources of income could emerge, improving your financial situation. You are likely to control unnecessary expenditures and make wise purchases that enhance your social status.

Cancer Jun 22 – July 23
Elders' blessings may help restore your patience and focus, which will aid you in reaching your goals. You'll perform well, both in business and at home. A healthy balance between spending and saving may help increase your savings.

Leo Jul 24 – Aug 23
You may feel dissatisfied and lethargic today, which could delay your work or ongoing projects. Lovebirds should avoid making important decisions regarding marriage. Job seekers may face disappointment in interviews or applications.

Virgo Aug 24 – Sep 23
Your inner strength may uplift your mood. You could see small financial gains from investments and enjoy good rapport with your boss, possibly resulting in a promotion. Your reputation in society may grow, and work-related travel is likely.

Libra Sep 24 – Oct 22
You are blessed by the Moon today. Your hard work may finally lead to a higher position. Work performance improves, and you might meet an influential person who provides valuable guidance. Domestic issues may be managed effectively, bringing peace and harmony at home.

Scorpio Oct 23 – Nov 22
Happiness returns as things start to improve. A visit to a religious place could offer spiritual strength. You may feel inclined to donate to a temple or charity. Overseas travel for education or work is possible. Couples may find a suitable match, and singles might meet their soulmate.

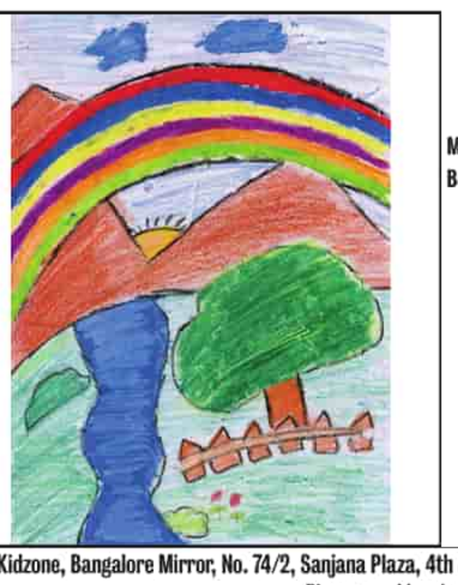
Sagittarius Nov 23 – Dec 22
You may feel unhappy and dull today, which could impact your performance and delay projects. This may affect your professional image and reputation. Avoid risky travel or driving. Lovebirds might face a breakup, and job seekers may face setbacks.

Capricorn Dec 23 – Jan 20
You'll feel surrounded by positive energy today. Plans for starting a new business partnership may be on the horizon. Long-distance travel is possible. Your trust in your spouse may grow, contributing to harmony in your domestic life.

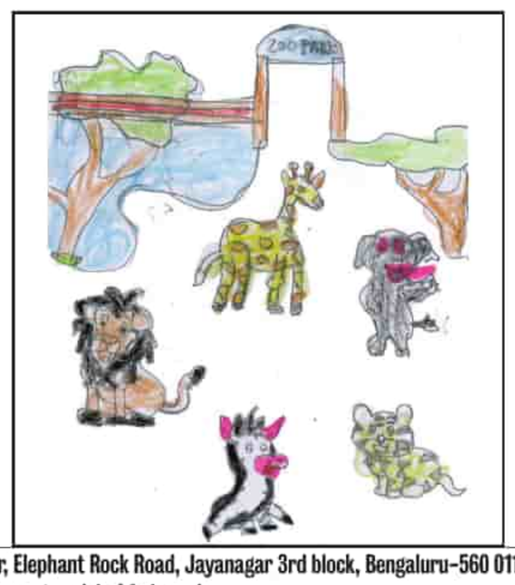
Aquarius Jan 21 – Feb 19
You're likely to perform well at work, with a strong rapport with your boss. New responsibilities or a promotion may come your way. Chronic health issues may begin to resolve. You could receive incentives for your hard work. Disputes with siblings may finally be settled. Job seekers could find promising opportunities.

Pisces Feb 20 – Mar 20
Your children's education may keep you busy, and you might plan for their higher studies. Couples may receive joyful news regarding children. You may also consider pursuing further education to advance in your current job. Singles are likely to find their soulmate. Professionals in education, consulting, or banking will have a favorable day.

KIDZONE



Mugdha, Bengaluru



Akhilesh, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M 3+4+5+6+0=18 (In unit place)
Use any combination to get 288; For ex–13+24+75+86+90 =288

BULL'S EYE clte, crest, rice, sect, sick, trick, trice, sicker, stick, STICKER, tick, ticker,

RIDDLER 1. Tapestry (D), 2. Kitchen (B), 3. Dwindle (E), 4. Sherbet (A) & 5. Tablet (C)

FAST FIVE

M	A	G	M	A
E	M	A	I	L
T	I	D	A	L
E	N	D	U	E
D	O	I	L	Y

QUOTE UNCODE decide is what to do with the time that is given us.

STRIKE OUT

L	A	Y	O	U	T		R	O	A	M	E	D
I		R	A	B	A	T		U		E
Q	U	E	N	S		T	I	A	R	A	S
U		L		S	K	I	T	S		D		E
I	N	D	O		S	L	Y		P	E	A	R
D	I	S	C	O		L		T	A	R	O	T
S	H	O	U	T		R		T	A	R	T	S
Y	A	N	K	E	D		E	L	U	D	E	S
B		A		S	E	R	G	I		E		E
B	A	C	K	E	D		D	A	B	B	E	D
A		L		L	A	D	E	N		B		A
H	E	I	R		F	E	W		N	O	A	H
S		C		C	A	R	B	I	N	E		R	

QUICK

										W
										O
K	A	R	W	A	R		I		M	P	I	S	H
L				E			I		C			A	
E	L	D	R	I	T	C	H				Y	O	R	E
					E		E					T	
O				S									
P	R	O	S	P	E	R	S						

MENSA PUZZLE
1. In each star, calculate the difference between the 2 left hand and 2 right hand numbers. The value at the top of each star equals the product of these differences, and the value at the bottom of each star equals the difference between these 2 differences.

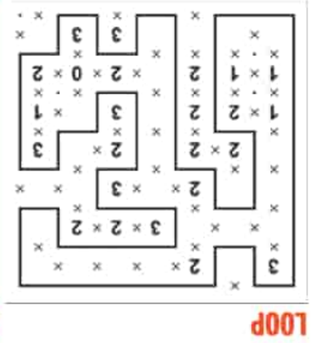
SUDOKU

9	6	3	7	4	5	1	2	8
2	8	5	3	1	9	7	6	4
1	4	7	2	8	6	5	3	9
5	7	2	8	9	4	3	1	6
4	1	9	6	7	3	2	8	5
8	3	6	1	5	2	9	4	7
3	2	4	5	6	7	8	9	1
7	9	1	4	2	8	6	5	3
6	5	8	9	3	1	4	7	2

ALPHA TRIANGLE
M, Mi, Rim, Prim, Prime, Empire, Premier.

GO FIGURE
Easy
9 – 2 + 3 – 7 = 3
Medium
3 + 8 – 2 – 1 = 8
Hard
4 x 6 – 2 + 8 = 30

LOOP



KAKURO

Volume No 18, Issue No 105 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore – 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru – 560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

 # Co-parenting relationship

American popstar Joe Jonas has heaped praise on former wife Sophie Turner and said they have developed a "beautiful co-parenting relationship" since finalising their divorce in 2024

GLOBAL STARS

Bollywood actors who appeared in Hollywood films

Several actors from B-Town have made it big in Hollywood. Here is a list of some such actors for whom the world is an oyster.
—Sonal Khandelwal, ETimes

Priyanka goes global

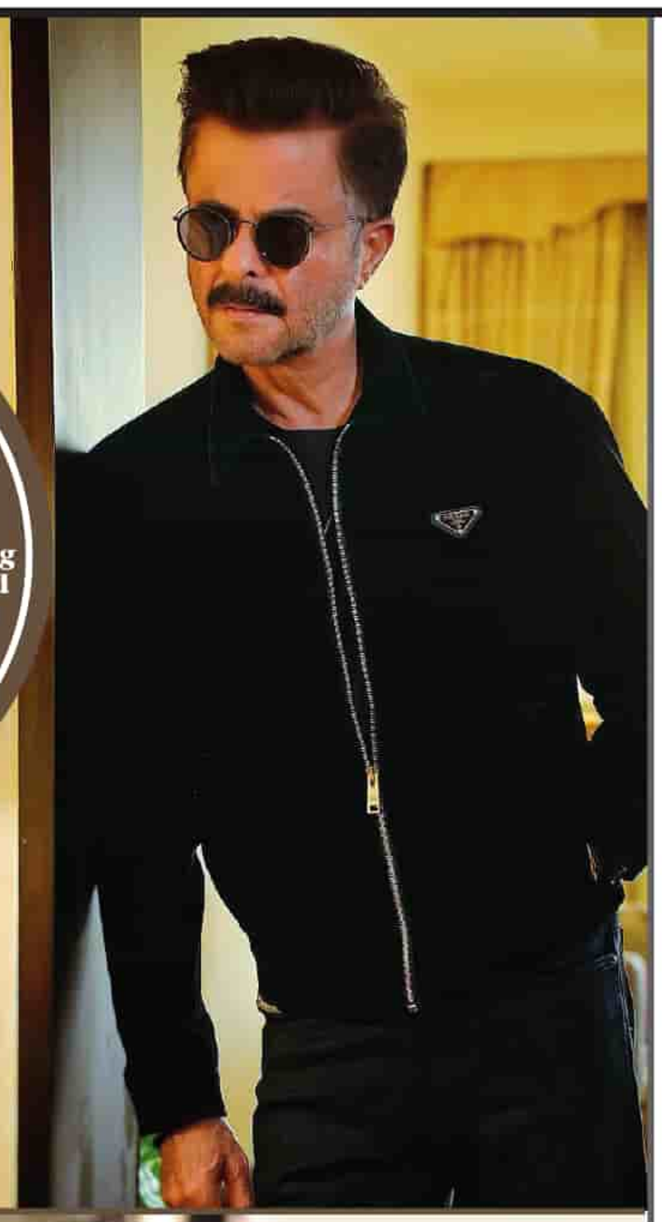
Priyanka Chopra broke ground internationally with Quantico in 2015, becoming the first South Asian lead in a US network drama. Her bold Hollywood movie continued with Baywatch (2017), where she played the villain opposite Dwayne Johnson, solidifying her status as a global entertainment icon bridging East and West.

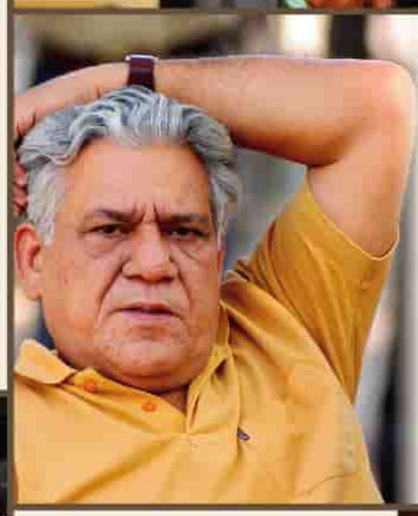
Irrfan earns acclaim

Irrfan Khan gained international acclaim through roles in The Namesake (2006), Life of Pi (2012), Jurassic World (2015), and Inferno (2016). His calm authority and nuanced acting style earned praise from global audiences and critics alike, making him a rare crossover success from Indian arthouse to Hollywood mainstream.

Anil joins Cruise

Anil Kapoor played a supporting role in Mission Impossible Ghost Protocol (2011), sharing screen space with Tom Cruise. Already globally recognised from Slumdog Millionaire (2008), his Hollywood appearance proved that age and experience could bring Indian actors into high-profile global productions with charm and charisma intact.



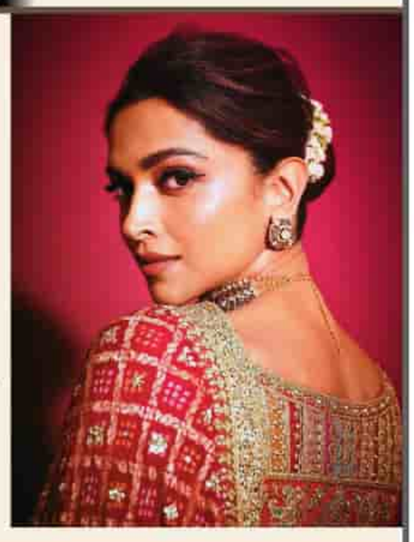


Om's global stage

Om Puri appeared in several Hollywood productions, including Gandhi (1982), City of Joy (1992), and The Ghost and the Darkness (1996). His intense performances and gravitas brought Indian cinema sensibility to international screens, making him one of the earliest Indian actors to earn consistent Hollywood roles.

Deepika hits Hollywood

Deepika Padukone starred in xXx Return of Xander Cage (2017) alongside Vin Diesel, making a splash as an action heroine. Her seamless shift from Bollywood blockbusters to Hollywood action franchises showcased her versatility and marked her as one of the few Indian actresses to command global screen time.



Wellness on her mind

Samantha Ruth Prabhu looked stunning as she attended an event where she was lauded for her entrepreneurial vision and contributions to the wellness space. Speaking at the event, the actress said that for her, wellness and health has been a "strong focus."

The actress, who was dressed in a custom Kresha Bajaj ensemble, said "Last night was meaningful in so many ways - from receiving love for the work I do as an artist and an entrepreneur to having my friend Kresha be a part of it all through."

She added: Wellness and health have been such a strong focus for me, making any choice I make - even as an entrepreneur - deeply personal. And getting recognised as 'Mindful Maverick' for our honest efforts across the wellness sphere felt truly humbling."

What made last night extra special for Samantha was having "Kresha not just design my outfit but also walking the red carpet with me, albeit reluctantly."

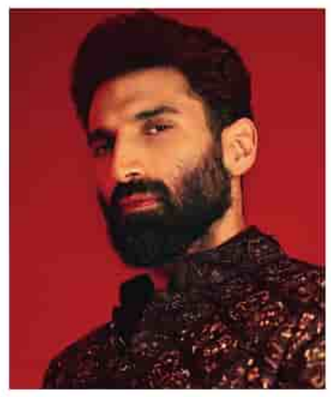
"I've always believed in Krésha's vision as an artist and I know that she will always make the look work for me and never the other way around," Samantha said.
—IANS

Trespasser at actor's home

A fan entered Aditya Roy Kapur's house with gifts and the police have now filed an FIR against her..

On Monday evening, a woman allegedly gained unauthorised access to Kapur's residence in Bandra West, Mumbai, while he was away for a film shoot.

According to a report by Free Press Journal, the actor's domestic help, 49-year old Sangita Pawar, was the only one present at the flat around 6 PM when the doorbell rang. On answering the door, she encountered a woman who inquired if it was Aditya Roy Kapur's home. Upon receiving confirmation, the woman claimed she had brought gifts and clothes for the actor. Trusting her story, Pawar let her in.



When asked what time she was expected, the woman confidently responded, "6 pm," aligning with her arrival. Shortly after, Aditya Roy Kapur returned home and was informed of the visitor. But the situation took a strange turn when the actor failed to recognise the woman.
—ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Coastal love story

Maarnami's teaser unveiled by actress-cum-politician Ramya introduces the role of Chaitra Achar who plays Deeksha in the movie. Ramya unveiled the teaser on Instagram and wished the cast and crew all the best. The teaser showcases Chaitra Achar in a deglamourised role. Chaitra Achar is known for her sterling performances in the films Tobi, Sapta Saagaradaache Ello – Side B, and Mahira.

Maarnami is directed by Rishith Shetty of Kundapura, who makes a debut as a director in Sandalwood with this movie. It features Huli Vesha and traditions of Coastal Karnataka, and will have shades of action, emotion, and comedy. The movie is bankrolled by Shilpa Nishanth under the Gunadhya banner.

According to sources, Chaitra agreed to act in the movie because of the script and the style of narration by Shetty.

The movie boasts an ensemble cast including Ritvvikk, Prakash Tumminadu, Sonu Gowda, Jyothish Shetty, Rochith, Swaraj Shetty, Maim Ramdas and Chaitra Shetty.

Charan Raj has composed its music while Shivasena has worked behind the camera.

According to director Shetty, Maarnami is a beautiful love story. "The lead pair are at their best. The shooting of the movie was completed recently," Shetty said.

Releasing shortly

Veteran theatre actor Malathi Sudhir unveiled the trailer of the film Taane at a function. Kannada Sahitya Parishat Secretary Santosh Hanagal was the guest of honour at the function. Taane is bankrolled by S Bhagath Raj under the PCD 2 Film Factory banner. The movie is scheduled to arrive in theaters on May 30.

Thanking Malathi Sudhir, Bhagath Raj said the movie has created curiosity among the movie goers from the day it went on floors. "The movie is about a police station. It revolves around four main characters connected with a case registered at the police station. The movie has a tagline – C/o Srirampura. The movie has turned out well. I thank the cast and crew for their cooperation," the director said.

Praveen, a theater artiste, debuts as a hero in Sandalwood with this movie. "I am grateful to Malathi Sudhir madam for gracing this event and blessing me. I play Kali in the movie," Praveen said.

Producer Gayathri said she was very happy to bankroll this movie. "I thank the cast and crew of the movie for their hard work and coordination," she said.